



# Criteria Menu #16

**Participate in the Physical Fitness Testing or the Health Fitness Testing of the President's Challenge.**



**Definition:** The President's Challenge encourages students to improve their physical activity levels and sustain them throughout life. To meet this criterion at least one grade level must participate in the physical fitness testing or the health testing of the President's challenge.

## **Resources**

President's Challenge

<http://www.presidentschallenge.org/>



# Assignments

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## **School Coordinator Assignments**

- Determine who will be the challenge coordinator
- Help challenge coordinator register your school on-line
- Assist classes with testing
- Ensure that test scores are entered on-line
- Award certificates to students

## **Mentor Assignments**

- Help award certificates to students
- Write a description for the mid-year and end-year reports



# Criteria Menu #16 Ideas

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- Have students practice testing before actual test
- Let parents know about the testing and encourage them to help their children at home
- Get the whole family involved; There are activities for all age groups
- Celebrate everyone's participation



# President's Challenge Description Template

A description must include specific details describing how the school completed the criteria. If you are writing a description for criteria that the school achieved in previous years please include a description of what the school is doing **this year** to maintain that level not what they did in previous years.

A Gold Medal Schools description does not require an Intent, Rationale, Reinforcement or the principal's signature. Use this template to write your description (all information is required).

A sample description for this criterion is provided on the next page.

## The description must include...

- ❑ Which grades participated in the President's Challenge
- ❑ Which test they did
  - Physical fitness test
  - Health fitness test
- ❑ A description of any special events that accompanied the President's Challenge



# President's Challenge Description

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All grade levels participated in the physical fitness test of the President's Challenge. Each teacher entered their student's test results on-line. Awards will be presented to students at the end of year assembly.